



Keynote Speaker

CHANGING HOW WE THINK ABOUT MENTAL HEALTH AT WORK

Monday
January 24, 2022
9:00 am-10:00 am

Join us to learn more about how mental health has emerged as a key topic of conversation for workplace well-being. This exciting event will cover:

- Burnout: what is it, and what does it feel like?
- Science of care for mental health
- Care and compassion for self, peers and at the organization level

Intended Audience: All City employees interested in the future of workplace mental health with a particular focus on people leaders.

[CLICK HERE TO REGISTER](#)

OR

Go to the complete schedule of events for
Seattle Sheds Light on Mental Health on
[Seattle.gov](https://seattle.gov)



Laura Hamill, Ph. D.

Dr. Hamill (she/her) is an organizational psychologist specializing in the intersection of science and HR. Laura also was a co-founder of Limeade where she held Chief People Officer and Chief Science Officer roles.

A sought-after speaker and thought leader in employee experience, Laura has spoken at major conferences, and she has also been featured in NPR, US News & World Report, Forbes, and other HR publications.

Laura's compelling presentations focus on how employee well-being, engagement, and organizational culture can create great places to work.